

MAKING WELLBEING PRACTICAL

UPP Presented by - Unleashing Personal Potential

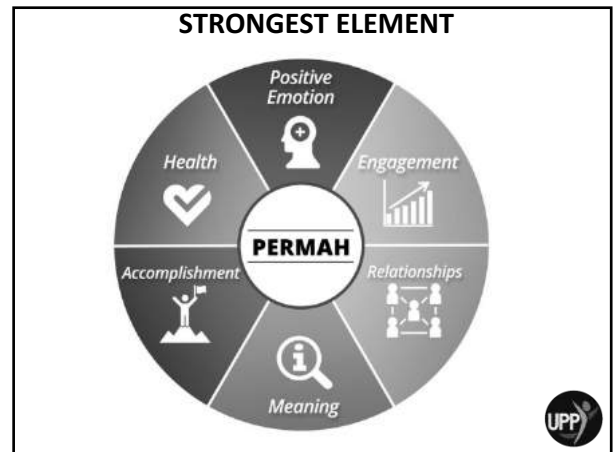
“Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.” – World Health Organisation, 1948

UPP

WELLBEING AND PERFORMANCE

Wellbeing is linked to success in every domain in our lives, including marriage, friendship, careers, businesses, creativity and health.
(Lyubomirsky, King, & Diener, 2005)

UPP



Experiencing good feelings like happiness, peace and joy. Also, being aware of a full range of emotions.

Positive Emotion

UPP

Practices to build Positive emotion

- Happy memory building
 - Laugh out loud
- Overcoming negativity bias
 - Gratitude letter

UPP

Being fully involved in a task and living with interest and curiosity. Being in flow.



Engagement

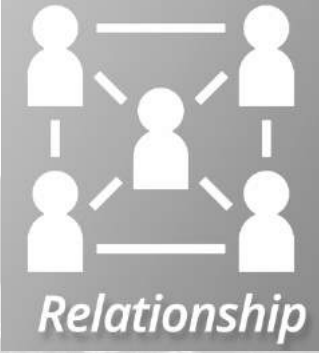


Practices to build Engagement


- Find a way to play
- Take a strengths pause
 - Me at my best
- Intrinsic Motivation



Having solid relationships with others. Feeling loved and connected.



Relationship




Practices to build Relationships


- Kindness Catching
 - Shouts outs
- Active Constructive Responding
- 5 minute favours



Having a purpose in life, feeling that our lives are worthwhile and serving a cause greater than ourselves.



Meaning



Practices to build Meaning

- For the sake of what?
- Be awed by nature
- Making the mundane meaningful
 - Live your legacy



Striving for and achieving things that really matter to us.




Accomplishment



Practices to build Accomplishment

- Win the morning
- Turn off email alerts
- Goal setting with T.O.P.
- My favourite mistake



Establishing habits that increase physical and psychological health.



Health




Practices to build Health

- Leave the laptop
- Mindful walking
- Healthy habits- eat, sleep, move
- Stop and eat lunch



How can UPP help?

- Weekly Personal Wellbeing Practices and Plans
- Books- THRIVE and MWP (available outside)
- THRIVE online lesson plans / workbooks
- UPP incursions / impact sessions for students
- Student leadership incursions / workshops / camps



UPP incursions / workshops for students from year 5 to year 12

- Evidence-based strategies are made practical for maximum impact
- Interactive, age-appropriate workshops provide you with high student engagement
- Delivered nationally to 90,000+ students since 2015, refined to optimise effectiveness and impact
- 100% money back guarantee*

